



OCTE Joins Get Healthy Kentucky Challenge

The OCTE central office held its Get Healthy Kentucky (GHK) kick-off on Monday, August 13. Tricia Okeson and Brian Boisseau were special guests from the Governor's Office of Wellness and Physical Activity. They came to promote and discuss the GHK Governor's Challenge program.



**Photo at left:
OCTE Central
Office employees
kicked off the Get
Healthy Kentucky
Governor's
Challenge by
taking a walk to
the Old Capitol.**

Okeson said, “The challenge starts with you.” She explained the Governor’s Challenge is actually an expansion of the President’s Challenge and discussed differences between the “Active Lifestyle” (for those who are just starting) and “Presidential Champions” (for those who are already active) programs.

Boisseau echoed Okeson’s message. He has many roles and has been actively involved in providing the OCTE with technical assistance and creating log-in directions so employees can participate in the program.

OCTE Executive Secretary Debra Goodman told central office employees how she lost 40 pounds in 2001. To date, she has been able to keep off the pounds and stressed the importance of being involved in some type of physical activity and drinking water.



Following the kick-off, OCTE central office employees were challenged to take part in the program and approximately 15 walked to the Old Capitol.

More information regarding Get Healthy Kentucky can be obtained by visiting <http://www.gethealthy.ky.gov/>

During the KY Tech principals' meeting on Wednesday, July 25, OCTE Deputy Executive Director Mike Kindred and Floyd Co. ATC Principal Lenville Martin informed principals about OCTE's involvement in Get Healthy Kentucky.

The goal is to help employees better understand the benefits of participating in a health and physical activity program.

Both Martin and Kindred have concerns about the health and well-being of employees in the system.



Photo at left: OCTE Deputy Exec. Dir. Mike Kindred and Floyd Co. ATC Principal Lenville Martin present members of the Governor's Office of Wellness and Physical Activity with partnership plaques.

From l to r: Joyce, Jennings, Brian Boisseau, Tricia Okeson, Lenville Martin, Mike Kindred, Amberlee Nickell and Chris Corbin.

Martin:

“Mike (Kindred) and others have been a positive force in helping to move this initiative forward, and I hope the Get Healthy Kentucky Governor’s Challenge will be beneficial to all of our employees across the state.

“At my school, we have three employees who have diabetes – including me – and several of us have high blood pressure and high cholesterol.

“But, most importantly, we have experienced a great loss this summer. Dianna Hale, my secretary, died of cancer. When this happened, we knew that we could not do anything for her, but we could start some type of program to help others become more aware of healthy lifestyles. Becoming involved in this whole process has helped me work through her death. At my school, the Get Healthy Kentucky program will be a tribute to her.”



Martin speaks to principals during meeting.



Photo above: OCTE
Deputy Executive
Director Mike Kindred

Kindred:

“When Lenville approached me about the possibility of putting together some type of employee health program, we agreed the best avenue was to adopt the Get Healthy Kentucky program.

“We contacted the Governor’s Office of Wellness and Physical Activity. We initially met with Executive Director Chris Corbin, Deputy Executive Director Amberlee Nickell, and Prevention and Improvement Division Director Tricia Okeson to ask for help.

“Once they explained the Governor’s Challenge program to us, we knew it would meet our needs.”

To help employees understand some of the health issues and associated costs impacting Kentuckians, highlights from the Get Healthy Kentucky PowerPoint provided physical activity, nutrition, and economic facts:

- 63% of Kentuckians are overweight**
- Kentucky ranks 5th in the nation in obesity prevalence**
- Kentucky spends \$1.16 billion on obesity related illnesses – \$340 million for our Medicaid population**
- Kentucky's Medicaid program spent more than \$610 million to pay for services for people with diabetes**
- If 10% of Kentucky adults began a regular walking program, \$79 million could be saved in heart disease costs.**





At summer conference, “Skinny Lenny” rode his bike into the principals’ meeting to the Rocky theme song.

Lenville (Skinny Lenny) Martin discussed his diabetes and how riding a bike has helped lower his sugar count.



Chris Corbin, executive director, Governor's Office of Wellness and Physical Activity said, "We are excited to partner with the Office of Career and Technical Education and the area technology centers to launch a six-week Governor's Physical Activity Challenge. This is a great opportunity for the schools to adopt the Get Healthy Kentucky message and challenge one another to a little healthy competition."

Kindred said, Amberlee Nickell, deputy executive director, Governor's Office of Wellness and Physical Activity, is a valuable member in helping OCTE kick off its system-wide challenge.

"Amberlee Nickell has been instrumental in providing us with the necessary information to learn about GHK," said Kindred. "And, she has even helped put together materials for dissemination into all the area technology centers."

Said Nickell, "It has been such a pleasure to work with Mike Kindred and Lenville Martin on implementing the Governor's Challenge. With their support and enthusiasm, the challenge between the schools will prove to be a great success and begin to create real change in our culture."



Photo: Kindred addresses principals.

At the conclusion of the July session, Kindred issued a challenge to all principals: “We challenge each of you to get all of your faculty and staff involved in the Get Healthy Kentucky Governor’s Challenge program. With the help of Chris, Amberlee and Tricia, we will be able to track the progress of each area technology center. The Challenge begins September 10; however, you should present the program to your employees now so they can complete the log-in process.”